

Journal 2015 - 2016

By Christopher Liam Rose

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Liam Rose**

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Christopher Liam Rose's Journal 2015 - 21/11/2015

I found out my purpose at Rids Event on this night through Sneha.

- Helping Other People
- Creative Arts

What I need to do:

- Let go (worry, fears, losses, and anxiety)
- Give more (help other people with my time for free)
- Share more love (express myself and share the love of Jesus Christ)

- Faith
- Christian
- Meditation
- Love
- Peace
- Harmony
- Nature

Journal 2015 - Day 1, 02/12/2015

I have been dealing with trauma that I experienced the previous year, on September 30th, 2014. I have been finding it hard to deal with the pain, hurt, and suffering it has caused me. I have been through many experiences, but this broke me as a person. I am writing this journal to keep track of my feelings and emotions.

I overthink and worry about what I couldn't control, but talking about how I feel helped me.

I love creating music and helping other people, and I want to devote my life to helping others with their problems and difficulties.

I need time to heal from this trauma and pain. I love to write and express myself.

Journal 2015 - Day 2, 06/12/2021

I have realised that the way we think is the most important thing. If you suffer from depression, you will have a negative mindset. But you can learn how to change your negative thoughts to positive ones by viewing your circumstances and situations.

You can become a changed person by letting go and understanding that you are stronger than your thoughts and have more to give in the world.

Stay strong, stay positive. Focus on the things you want.

I learned about this message from **Dr. Wayne Dyer, The Awakened Life.**

Journal 2015 - Day 3, 07/12/2015

I attended a training session at hearing voices training. I got to listen to a personal testimony from a worker named John sharing his life experience in dealing with mental health

It was a fantastic story, and it touched me emotionally. John described how he went through so much pain, his journey to recovery, and becoming a strong person.

I learned to give more, share more, and help more. I also realised that recovering from mental health illness is possible.

I understand now the power of thought and lining your passion with your daily life. I realise I can be more than my experiences, situations, and circumstances.

I believe it is time to share my story and life with other people and be a light of inspiration that anyone can go through so much pain but rise above it and move on. Whenever I follow my heart, I feel good.

I believe in Jesus Christ and Spirituality because both have played a part in my understanding of life experiences, and now I can give more to others. I need to give more, and when you give more, you become more.

It took 27 years to discover who I am. I went through many different life experiences, and I believe when you give more love, care, kindness, and compassion, you receive it back.

I learned that material things don't matter, but how we live life and help other people matters. We can change our lives for the better by changing our thinking.

In life, we all go through hard challenges, hurt, pain, and suffering, but one can get through anything through love, care, and compassion.

Give more. Love more. Be more. Those things changed my life and values.

Journal 2015 - Day 4, 14/12/2015

Today, I went to the Gym to relax and think about my life. I was very aware of my feelings, and it was not a bad thing. I started thinking about the people I cared about in my life, like my family members. But when I began to think about Deepa (Bumtzz), my emotions and feelings got stronger and stronger, and I felt a true sense of love.

I have felt like that for a long time since I met Bumtzz. I believe we are connected somehow because I can feel it, a feeling beyond words or thoughts, like a spiritual connection.

I am not sure why I get these feelings every time I am with her or speak to her. I have never felt like that, and these feelings become even stronger when I focus on what I love and care about the most.

I only get these feelings when I am doing something I am passionate about. I feel so happy, a true sense of joy. This feeling can't be bought or sold.

It is a feeling of true love, care, and compassion. I feel so happy and now understand that life is all about a test. In some tests, you will pass, and in other tests, you will fail. But there is always a lesson to be learned.

I learned the fundamental principles that gave me clarity. Give more, help other people. Love more, love what you do and do the things you are most passionate about.

Writing has always been something I have loved to do since I was young. I enjoy writing because it is the best way to express myself.

That feeling of joy is natural, and I now know you can live with joy every day just by understanding what you want. How passionate are you about the things you want? Let the universe do the rest.

I now know the feeling of true joy and love is what I experience every day.

I realise our thinking is so clouded by material things that we never appreciate the things that matter more to us. The things that matter most to me are the love of Jesus Christ, my family, Deepa (Bumtzz), my friends, and helping other people.

Life is a hard road, and some people may never discover their true selves because of society and how they live their lives. For example, money is one of the biggest problems we face as people.

People spend all their lives chasing money, cars, clothes, holidays, and jewellery and think that acquiring all those things will bring them true happiness, but it will not.

Very few people now realise that life is more critical than the amount of money in their bank accounts.

Writing these words will help people realise that loving each other and helping each other are most important. I realised that every person is on their journey, and that's why we are all here. Everyone's journey is different, but we all share one thing.

We are created from love, and that love dwells in us always. We are love, and we are made to love.

Love is the crucial principle to loving one another. Love is essential, and we can all change by learning to love more, give more, and help others more.

Journal 2015 - Day 5, 15/12/2015

Today, I had a deep conversation with a friend from college, and we spoke about our lives and beliefs. My friend has gone through many tough challenges in life, and it was hard for him to express the pain and hurt he felt.

I learned that being spiritually awakened is a daily process. You will meet people that challenge your emotions and faith, but always be strong and remember where you come from. Always remember the love of Jesus Christ. Always be grateful.

I have a natural feeling of Joy. I can't explain how or why, but it always feels right every time I follow my heart.

This is a feeling of pure joy and appreciation for Jesus Christ. Thank you, God, and thank you, Jesus Christ, for blessing me with this gift.

Journal 2015 - Day 6, 18/12/2015

Going to church service was powerful. My pastor is a good man gifted with a lot of wisdom. I learned that the love of Jesus Christ reigns over everyone, and you have to be grateful for everything.

Jesus Christ has done so much for humanity, so we must worship and pray always. Always show gratitude and love for Jesus Christ.

I learned always to put God first. We don't have all the answers, but In Jesus' Name, the way will be shown in your life if you accept him and pray to him.

Journal 2015 - Day 7, 20/12/2015

I attended a Christmas service at church today. My pastor delivered a powerful message, letting us know about faith and the grace of Jesus Christ.

I realised I need to be careful in how I share my testimony. I cannot just share it with everyone, only with people who believe in Jesus Christ or are trying to learn about Jesus Christ.

I am a happy person and have so much to be grateful for in Jesus' Name,

- Share my story as inspiration -

Journal 2015 - Day 8, 23/12/2015

Today, I had a blessed day. I understand that I need to read the word of God more and stay grounded. Always read the word of God; it is mighty.

Jesus Christ is good; Jesus is Lord. Thank you so much, Jesus Christ and God, for helping me.

Journal 2015 - Day 9, 29/12/2015

I have learned important lessons from my mum and dad. The lesson I learned from my dad is to do only one thing at a time and build a foundation before moving forward. This advice was gold because I learned to focus on one thing at once.

The lesson I learned from my mum is to be careful who I trust, take my time, and not rush choices and decisions.

My parents are good people, and I learned a lot from them.

Journal 2016 - Day 10, 01/01/2016

Today, I learned to move forward and let go of the past. Many things happen in life, but how you handle situations makes you stronger.

I learned to love and honour my family. Always love your family no matter what.

I learned forgiving and moving on is important because it is hard to move forward without forgiveness.

Journal 2016 - Day 11, 07/01/2016

Today, I learned this important lesson: never do anything for money (no matter what). Never do anything for money under any situation and circumstances.

All I have is faith in God. Let God lead the way. Never pride in things that come from this world. Always love God. Always follow your intuition.

Never reject your morals, values, and principles. Always know what is most important.

God, love, and peace.

- Help Other People
- Love Jesus Christ
- Have Faith

Journal 2016 - Day 12, 22/01/2016

Today, I learned it is essential to pray and be connected to God. I learned that fear is a bad feeling, and it destroys everything. I will try to live life without fear and walk in love.

Love is the most important pure feeling we could have. Always be in love and joy and help other people.

Journal 2016 - Day 13, 12/02/2016

Today, I learned that everyone in life would never understand what you have been through, all your problems, pain, and suffering. Only you know what you have passed through and your challenges.

People are so wrapped up in material things that they don't understand life. I learned it is vital to help other people, be in joy, and love one another.

I have many more lessons to learn, and I still have a long way.

- Read the Bible
- Follow the commandments
- Love Jesus Christ

I spoke to a lady named Margaret in the Samaritans, who helped me a lot and showed me the truth about life and our world.

Helping other people is essential. Make sure you serve people.

Journal 2016 - Day 14, 13/02/2016

Today, I learned that taking things slowly and one step at a time is the key to doing well in life. Many people rush for different reasons, some for money, some for love, and some for education.

I will never stop thanking God for all the blessings in my life and the knowledge, wisdom, and life experiences that helped show me the truth.

I learned to be careful and never to rush anything. Good things happen if you are patient. Learn from other people's mistakes. These are hard but essential lessons.

Journal 2016 - Day 15, 17/02/2016

Today, I learned that you should not rely on your family to help you through your problems. I also learned that sometimes in life, it is not what you say that matters but how people understand things.

Press on, stay strong, and have faith.

It is time to move on in my life. I still need more time.

Journal 2016 - Day 16, 21/02/2016

Today, I learned that I have to accept and let go. It is not worth it to feel hurt, angry, sad, and bitter. I have come so far to get to this point of happiness and joy. You need to let go of the things you cannot change. It is hard but true that some people will never change.

Even the people you love the most will never change. You would think the experience would change people, but strangely, it doesn't.

I learned that you have to find a way to express how you feel. It is writing for me, I love writing, and it has always been something I am good at. I will write a book about my life, so maybe people can see the truth.

Write more, worry less.

Journal 2016 - Day 17, 24/02/2016

Today, I learned some vital lessons from my pastor. I learned that you should be silent in your spiritual growth. It is crucial to stay positive and righteous. Many things can knock you off your path; your thoughts, money, pride, and foolishness.

A wise man doesn't share everything he knows with everyone. Be quiet and still in all circumstances and trust God. Always have faith and walk with God. Don't let anything or anyone stop you on your journey.

I need to become a student of the word of God. I am trying my best to understand and learn scriptures.

I also learned to be patient. Everything happens at the right time, and do not rush anything. Learn to study the word of God; watch videos, listen to messages, read the Bible, and attend church. All of these will help you in your spiritual growth.

I also learned that wisdom is vital in life. Many people have knowledge but lack wisdom. Learn to be a wise Christian, and don't lead yourself into temptations.

My challenge now is to stay in faith with Jesus Christ and trust God. Remain positive and

creative. I learned that proper understanding comes from within.

Sometimes, the things we experience help us to develop our inner power. My pastor said that even though you may have challenges and difficulties, knowing that it is just a test will strengthen your inner power.

I learned much of my knowledge from my life experiences. I need to learn from my mistakes and become wiser. I learned a lot that helped me to get a clear understanding.

- Knowledge is power -

Journal 2016 - Day 18, 25/02/2016

Today, I learned the ultimate lesson that you cannot do anything without God. Only God can save you in this world, and I understood the importance of loving God.

Loving God is the answer. You love God with your heart. That is when love is pure.

Ultimately Love is the answer. Love God and love Jesus Christ. God is number one in life. This night has changed me; Jesus Christ showed me the truth.

The message I listened to was from **Dag Heward Mills' Prosperity.**

Journal 2016 - Day 19, 29/02/2016

Today, I learned the importance of prayer and worship. Always be joyful. Never stop thanking God for all the beautiful things he has blessed you with in life.

No matter what you are going through, always rejoice and pray. Pray to Jesus Christ. Worship Jesus Christ, never worry.

I also learned that we don't have free will. People believe we have free will, but we don't. We are all here for a reason. I believe the reason is to help other people, show love, and forgive.

I learned a lot from understanding Jesus Christ and what he has done for people. Jesus Christ is real. I know why and how to find Jesus Christ through the heart.

Your heart must long and honour Jesus Christ, and you must believe in him and be born again. It is the only way to know the truth.

I believe the problem today is that people's hearts are broken. It can be due to many different reasons, but until you change your heart and what you believe, you will never know Jesus Christ.

Journal 2016 - Day 20, 01/03/2016

Today, I learned to help other people because it is crucial to do. I realised I needed to help people find Jesus Christ.

I saw a man die today, and it was a painful experience. I saw the pain and hurt in his eyes in Battersea. The world lacks empathy, love, and compassion. Seeing the crowd of people just standing there and doing nothing to help save the man's life was shocking.

Always love Jesus Christ, pray, and find ways to have joy.

Journal 2016 - Day 21, 13/03/2016

Today, I learned that the most important thing is action. When you want something in life, you have to act towards what you want to do.

Take your time, step by step, in making your dreams and desires come true. I learned this lesson from **John Lee's Power of Action Taking**.

Focus on one thing at a time. Schedule the action, and put it somewhere where you can remember your action.

Set yourself up into a flow state, put your mind and focus on one thing. Don't multi-task things.

Action creates action. Action creates motion. The more action you take, the more results you get. Little wins cause motions to motivate actions.

Take small steps towards your big dreams.

Journal 2016 - Day 22, 17/03/2016

Today, I had a conversation with a friend about life. It was a solid talk about what is essential. I realised a new skill, the art of hearing. You can always learn new skills and knowledge by listening and understanding.

I also learned that children are the most important thing in this world.

How do you want to be remembered? What do you want to be remembered for?

I learned to follow my passion, heart, and intuition. I learned that I feel the most vulnerable when learning essential life lessons.

Some people will never understand why you do the things you do and why you make your decisions because they are not you. Not many people have passed through what I have been through. I am learning that this is okay.

We all have our journey to follow in life, and doing the most important things is crucial.

There are only three things on my mind:

1. Love of God
2. Helping Other People
3. Having a Wife and Kids

These are the three most important things I must pursue all in my life.

I am focusing on my values, and they will not change. It is important to me.

Always follow your passion and love. Give more to other people. Love God with all your heart.

Everything that I want in life is priceless. No amount of money can bring these things to me. Everything that I want in life is based on love.

Love is the most important thing in my life.

- Love your family
- Love God
- Love friends
- Love people

I realise now I am so lucky to know all the things I know, and it is a blessing to be alive. I must focus my energy on helping other people.

Journal 2016 - Day 23, 20/03/2016

Today, I learned about the outer and inner self. In life, when you go through experiences, it strengthens you. Sometimes we don't know why we go through things in life, but it will all be for good if we are blessed.

I also learned today that I have a purpose in helping other people. It is essential to be a source of inspiration to other people.

Your outer and inner self make you who you are. I learned to stay strong and focused on my passion. In life, things change, but you have to focus on your passion.

Journal 2016 - Day 24, 27/03/2016

Today, I learned that we go through different experiences and lessons in life to make us stronger and to help us find our purpose.

My purpose is to help other people find Jesus Christ because only Jesus Christ can bring you salvation.

I am at a point where I don't want to acquire anything I want through suffering. Now I feel Joy because of what Jesus Christ has done for me.

I learned the art of creativity. You must use all your skills, knowledge, and wisdom for God. It is important to do creative things that would help the house of God.

One goal, one vision. Helping other people find Jesus Christ.

I am blessed to be writing this journal and have learned many lessons. The next part of this journal will be about what I know and have experienced.

I learned this from **Lighthouse Chapel International's Resurrection Day.**

Journal 2016 - Day 25, 03/04/2016

Today, I learned that Jesus Christ is the Son of God. The reason why is because Jesus's Mother, Mary, was a virgin, and Jesus Christ was born from the Holy Spirit.

Jesus Christ was not a normal human being. He was God in the flesh.

Jesus Christ's teaching is the word of God because Jesus Christ is God.

That is a fundamental realization, and we must remember that Jesus Christ is God.

That is why Jesus Christ was able to do all the miracles, wonders, and signs we saw in his life.

Jesus Christ is God (in the Flesh). Jesus Christ is the Son of God.

Journal 2016 - Day 26, 13/04/2016

Today, I learned that I need to let go. In life, we cannot change what happened the previous day; we can only move forward.

I have been through many different life experiences, and today I realise I need to let it go. The past is full of bad memories of my life experiences that almost destroyed me.

I need to move on with my life and move away from the negativity. It's time to move forward, no looking back.

Journal 2016 - Day 27, 14/04/2016

Today, I learned that faith is everything. Believing in Jesus Christ is all that matter. Press on and have faith in God and believe in Jesus Christ. Move forward, press on.

I also learned to be humble. Whatever we go through in this life is to test our faith. When we believe in God, we don't need to worry about anything.

Hold on to your faith; faith equals hope. Having hope is knowing better things are to come.

Journal 2016 - Day 28, 19/04/2016

Today, I learned my true calling after taking a long walk. I realised I needed to become a pastor and evangelist.

I need to spread the Gospel of Jesus Christ. I am going to work towards becoming both a pastor and evangelist.

I need to have a pure heart for God, and I need to help other people find Jesus Christ.

- One step at a time.
- Be patient; don't rush the rise.

Journal 2016 - Day 29, 04/05/2016

Today, I learned knowledge is power.
Reading books and the Bible is important.

When you have knowledge, you gain
wisdom.

Powerful lesson learned.

Journal 2016 - Day 30, 08/05/2016

The final lesson I learned was to follow Jesus Christ on this day. We all have a calling to follow Jesus Christ and be involved in the ministry.

Sometimes in life, you have to make necessary decisions that change how you live your life.

Sacrifice is the most important lesson I learned, to sacrifice yourself, desires, and ambitions for the love of God.

I learned that to be anointed, you have to sacrifice something. I believe that when you sacrifice, you will find your calling in life.

I had to sacrifice my kids, relationships, home, possessions, and desires to get to where I am today. But you don't have to sacrifice as much as I did to get this level of understanding and wisdom.

I believe when you start being a servant for God and have a heart that is compassionate, loving, and kind towards other people, you will see beauty. Joy and beauty are given to you by Jesus Christ and through salvation.

I am at a point where I feel complete, content, happy, and joyful. Many people may never find their calling in life due to ignorance.

Ignorance is why people chase money and not the love of God, which leads to destruction.

Knowledge is power. When you understand why you went through certain experiences, you realise that it's been a test of your faith.

Having faith is believing in Jesus Christ and God. Experiences are meant to strengthen you in your walk with Jesus Christ.

Following Jesus Christ is a lifetime journey, and you will experience ups and downs along the road, but through Jesus Christ, you will be saved.

The main lesson is to follow Jesus Christ in everything you do. When you are with Jesus Christ, your spirit will change. You will not desire the things of the world. You will be aiming for heavenly things because you know what Jesus Christ has given you.

I hope this journal helps someone to have a better understanding of Jesus Christ.

When I started writing this journal, I was broke, in pain, and suffering. At the end of this journal, I have complete joy and happiness.

I am saying that I am no better than anyone else. I was in a world of sins and lust, but through Jesus Christ, I am here today writing this journey.

This journal is a personal journey of my thoughts and mind at specific periods of my life. These are natural emotions and feelings I experienced on certain days.

I hope this journal will help someone find Jesus Christ, and I pray that my life experiences will help other people find joy, love, and happiness.

I end this journal as I need to focus on how I can help other people in life through my life experiences.

Christopher Liam Rose's **Books**

- 1) Christopher Rose's Life Story
- 2) Be What You Want To Be
- 3) The 15 Successful Habits
- 4) Selfless
- 5) Anointing
- 6) Life Purpose
- 7) Helping Other People
- 8) Giving Without Receiving
- 9) Fulfilment
- 10) Learn
- 11) It Is Not The Problems That Make You Who You Are, It Is The Person You Become That Make You Who You Are
- 12) The Evangelism Ministry
- 13) Learning Is A Part Of Living
- 14) The Self Is The Problem
- 15) I Don't Want
- 16) No Self
- 17) Miracles

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